



Kelso Tuesday Night CX - Sept 19, 2023 - Beginner/Novice September 19, 2023

Novice (Open)

8.56 km, 4 laps of 2.14 km, winner: 30:52 - 16.63 km/h

Pos	Bib	Name	Category	Age	Gender	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4
1	47	SUMMACH, John	Novice	48	Men	30:52		16.63	7:58	7:11	7:31	8:12
2	53	WILSON, Todd	Novice	52	Men	31:06	0'13"	16.51	7:24	7:47	7:55	7:59
3	34	MERLIN, Bailey	Novice	14	Men	31:15	0'23"	16.43	7:33	7:54	7:51	7:57
4	28	JOHNSON, Stuart	Novice	50	Men	31:22	0'30"	16.37	7:36	7:40	8:04	8:02
5	51	WENGER, Heinz	Novice	48	Men	32:00	1'08"	16.05	7:40	8:09	8:11	8:01
6	128	FISHER, Nial	Novice	50	Men	32:25	1'32"	15.85	8:08	7:54	8:14	8:09
7	50	WARNEKE, David	Novice	48	Men	32:29	1'37"	15.81	7:57	8:14	8:12	8:07
8	13	BAIRD, Stephen	Novice	62	Men	32:46	1'53"	15.68	7:48	8:12	8:19	8:27
9	35	PENNER, Stephen	Novice	45	Men	32:52	1'59"	15.63	8:12	8:12	8:19	8:09
10	24	GYGER, Markus	Novice	15	Men	33:30	2'37"	15.33	8:23	8:23	8:27	8:17
11	20	FARRAR, David	Novice	52	Men	33:35	2'42"	15.30	8:33	8:19	8:32	8:11
12	29	LAROCQUE, Jennifer	Novice	48	Women	33:36	2'43"	15.29	8:35	8:19	8:35	8:08
13	19	E MCDONALD, Alex	Novice	34	Men	33:45	2'52"	15.22	8:45	8:10	8:39	8:10
14	22	GIBSON, Jordan	Novice	32	Men	34:11	3'18"	15.03	8:50	8:29	8:38	8:13
15	122	WIERSMA, Richard	Novice	48	Men	34:25	3'32"	14.92	9:32	9:59	7:33	7:22
16	84	WAYNE, Andrew	Novice	58	Men	34:40	3'47"	14.82	8:23	8:52	9:02	8:22
17	14	BRUCH, Tony	Novice	0	Men	34:42	3'49"	14.80	8:44	8:15	8:58	8:46
18	43	SHILLINGFORD, Steven	Novice	49	Men	35:12	4'19"	14.59	8:47	8:43	9:01	8:41
19	39	SHANNON, Kevin	Novice	52	Men	35:23	4'31"	14.51	9:01	8:46	8:56	8:40
20	33	MARTIN, Tom	Novice	48	Men	35:33	4'41"	14.45	9:13	8:46	8:56	8:37
21	26	HENDERSON, Graham	Novice	64	Men	36:02	5'10"	14.25	9:16	8:52	8:59	8:55
22	31	LEPP, Tim	Novice	54	Men	36:54	6'01"	13.92	9:03	9:08	9:26	9:17
23	17	CHURCH, (john) Geoff	Novice	60	Men	37:07	6'15"	13.84	9:27	9:03	9:15	9:22
24	132	YOUNG, Erik	Novice	44	Men	37:07	6'15"	13.84	10:31	10:03	10:17	6:16
25	136	QUENNEVILLE, Steve	Novice	62	Men	37:43	6'50"	13.62	9:11	9:36	9:38	9:18
26	41	SHILLINGFORD, Cole	Novice	13	Men	38:06	7'14"	13.48	8:56	9:45	9:47	9:38
27	18	CRAIG, Todd	Novice	54	Men	38:18	7'25"	13.41	9:28	9:32	9:57	9:21
28	23	GYGER, Adam	Novice	13	Men	38:32	7'39"	13.33	9:05	9:56	9:42	9:49
29	123	WIERSMA, Alyssa	Novice	19	Women	38:32	7'39"	13.33	9:33	10:00	9:49	9:10
30	36	ROSE, Robert	Novice	72	Men	31:08	-1 lap	12.38	10:12	10:01	10:54	
31	48	TAYLOR, Heath	Novice	47	Men	31:18	-1 lap	12.30	10:12	10:14	10:53	
32	32	MACDONALD, Bruce	Novice	56	Men	31:52	-1 lap	12.09	9:58	10:39	11:16	
33	40	SHILLINGFORD, Ava	Novice	15	Women	32:01	-1 lap	12.03	10:50	10:44	10:28	
34	52	WILKINSON, Sarah	Novice	43	Women	32:25	-1 lap	11.88	10:55	10:36	10:54	
35	44	SILVERTHORN, Julia	Novice	43	Women	32:55	-1 lap	11.70	10:33	11:35	10:47	
36	37	SCIME, Vincent	Novice	62	Men	33:21	-1 lap	11.55	8:54	8:45	15:42	
37	119	TOERING, Russ	Novice	52	Men	38:18	-1 lap	10.06	12:51	13:25	12:02	
38	129	SAVOIE, Serge	Novice	53	Men	45:21	-1 lap	8.49	15:07	15:07	15:07	
39	15	BURKE, Jeff	Novice	50	Men	33:18	-2 laps	7.71	10:56	22:22		
40	27	HEYMAN, Colin	Novice	61	Men	33:40	-2 laps	7.63	11:32	22:08		
41	16	CALDERON, Aries	Novice	44	Men	31:27	-3 laps	4.08	31:27			



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Pos	Bib	Name	Category	Age	Gender	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4
1	6	HAY, Cameron	Novice	50	Men	31:16		16.42	7:47	7:47	7:55	7:47
2	8	IANNICCA, PAUL	Beginner	68	Men	31:17	0'01"	16.41	7:49	7:49	7:49	7:49
3	7	HOSSEINPOUR, Shahob	Beginner	32	Men	38:06	6'50"	13.48	9:53	10:19	10:13	7:42
4	5	GYGER, Amy	Beginner	44	Women	38:54	7'37"	13.20	8:08	5:54	12:31	12:21
5	2	BURKE, ROHAN	Beginner	13	Men	38:54	7'38"	13.20	9:26	9:35	9:50	10:02
6	10	TAYLOR, Sydney	Beginner	15	Women	31:31	-1 lap	12.23	10:40	10:14	10:36	
7	11	WILKINSON, Reid	Beginner	8	Men	32:22	-1 lap	11.90	10:54	10:33	10:56	
8	42	SHILLINGFORD, jen	Beginner	47	Women	35:55	-1 lap	10.73	12:02	11:56	11:57	
9	1	BARLOW, Amy	Beginner	44	Women	37:43	-1 lap	10.21	13:50	13:27	10:26	
10	3	GYGER, Bethany	Beginner	9	Women	44:02	-1 lap	8.75	14:04	14:59	14:59	
11	9	LU, Ethan	Beginner	5	Men	33:25	-2 laps	7.68	16:30	16:55		
12	12	ZHANG, Eric	Beginner	38	Men	33:36	-2 laps	7.64	16:31	17:06		